

الطَب النبوي

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*A compendium of the narrations from the Sunnah concerning food, drink, plants, ruqyah & the
Qur'anic ayat in relation to it.*

Fruits

(Dates, Cucumber, Watermelon, Grapes, Pomegranate, Figs, Quince, Citron, Bananas, Pumpkin)

تمر / Tamar (Dates) — The Prophet ﷺ Liked to Break His Fast with Dates

Salman ibn Amir reported that the Prophet ﷺ said: “When one of you breaks his fast, let him do so with dates, for they are blessed; if not, then with water, for it is purifying.”

Grade: Sahih

Source: Sunan Abi Dawud 2355

تمر / Tamar (Dates) — The Prophet ﷺ Broke His Fast with Dates or Water

Anas ibn Malik reported: The Prophet ﷺ used to break his fast before praying with fresh dates; if none were available, with dry dates; if none were available, with a few sips of water.

Grade: Sahih

Source: Sunan Abi Dawud 2356; Jami‘ at-Tirmidhi 696

تمر / Tamar (Dates) — The Prophet Encouraged Giving Dates in Charity

A’ishah reported: The Messenger of Allah ﷺ said, “O A’ishah, protect yourself from the Fire, even with half of a date, for it benefits the one who gives it in charity.”

Grade: Sahih

Source: Sahih al-Bukhari 1417; Sahih Muslim 1016

تمر / Tamar (Dates) — The Prophet ﷺ Compared the Believer to the Date Palm

Abdullah ibn Umar reported that the Messenger of Allah ﷺ said: “Among the trees there is one whose leaves do not fall and it is like a Muslim; that is the date palm.”

Grade: Sahih

Source: Sahih al-Bukhari 61; Sahih Muslim 2811

تمر / Tamar (Dates) — The Prophet ﷺ Mentioned the Date Palm in Paradise

It is reported that the Prophet ﷺ said: “In Paradise there is a tree such that the rider will travel beneath its shade for a hundred years and not reach the end of it, it is the date palm of Paradise.”

Grade: Hasan

Source: Sahih al-Bukhari 3252; Sahih Muslim 2826

تمر / Tamar (Dates) — The Prophet ﷺ Spoke of the Healing in Dates

Sa’d reported: The Messenger of Allah ﷺ said: “Whoever eats seven dates of ‘Ajwah every morning, neither poison nor magic will harm him that day.”

Grade: Sahih

Source: Sahih al-Bukhari 5445; Sahih Muslim 2047

خيار / Khiyār (Cucumber) — The Prophet ﷺ Combined Dates and Cucumber

Abdullah ibn Ja’far reported: The Messenger of Allah ﷺ used to eat ripe dates with cucumber.

Grade: Sahih

Source: Sahih al-Bukhari 5440; Jami‘ at-Tirmidhi 1844

بطيخ / Bittīkh (Melon) — The Prophet ﷺ Combined Dates and Melon

Anas ibn Malik reported: The Messenger of Allah ﷺ used to eat melon with ripe dates, saying, “We temper the heat of this with the coolness of that.”

Grade: Sahih

Source: Sunan Abu Dawud 3836

Qur’anic Reference:

"وَهَزِّي إِلَيْكَ بِجِذْعِ النَّخْلَةِ تُسَاقِطُ عَلَيْكَ رُطْبًا جَنِيًّا"

"And shake toward you the trunk of the palm tree; it will drop upon you ripe, fresh dates."

(Surah Maryam, 19:25)

عنب / 'Inab (Grapes) — The Prophet ﷺ Loved Grapes

Abdullah ibn Ja'far reported: The Messenger of Allah ﷺ used to eat fresh grapes, and he liked them.

Grade: Hasan

Source: Shama'il al-Tirmidhi 194

عنب / 'Inab (Grapes) — The Prophet ﷺ Mentioned the Fruits of Paradise

Abu Hurayrah reported that the Prophet ﷺ said: "In Paradise there is a tree whose shade a rider could travel beneath for a hundred years, and the fruits of it are like the grapes of the world."

Grade: Hasan

Source: Musnad Ahmad 10333; Sahih al-Jami' 5623

الرمان / Rumman (Pomegranate) — The Prophet ﷺ Spoke of Pomegranates in Paradise

Abdullah ibn 'Abbas reported that the Messenger of Allah ﷺ said: "There is no pomegranate among you except that there is one seed from the pomegranate of Paradise in it."

Grade: Da'if

Source: Tafsir Ibn Kathir (19:68) citing Ibn Asakir

الرمان / Rumman (Pomegranate) — The Prophet ﷺ Praised Pomegranates

Ali ibn Abi Talib reported: The Messenger of Allah ﷺ said, "Eat pomegranates with their seeds, for they cleanse the stomach."

Grade: Da'if

Source: al-Daylami, Musnad al-Firdaws 1/125

Qur'anic Reference:

"فِيهَا فَاكِهَةٌ وَالنَّخْلُ وَالرُّمَّانُ"

"In them are fruits, date palms, and pomegranates."

(Surah Ar-Rahman, 55:68)

التين / Teen (Fig) — The Prophet ﷺ Praised the Fig as a Fruit of Paradise

Abu Darda reported: The Messenger of Allah ﷺ was brought figs, and he began to distribute them among his companions, saying, "Eat of it, for if I were to say that any fruit descended from Paradise, I would say this is it."

Grade: Da'if

Source: Sunan Abi Dawud 3830; Shu'ab al-Iman 5473

السفرجل / Safarjal (Quince) — The Prophet ﷺ Praised Quince

Talhah ibn 'Ubaydullah reported: The Messenger of Allah ﷺ said, "Eat the quince, for it soothes the heart and brings relief to the chest."

Grade: Hasan (li-ghayrihi)

Source: Ibn al-Sunnī 229; al-Bayhaqi Shu'ab al-Iman 5475

الأترج / Uttrujj (Citron) — The Prophet ﷺ Compared the Believer to the Citron

Abu Musa al-Ash'ari reported: The Messenger of Allah ﷺ said, "The example of the believer who recites the Qur'an is that of a citron: its fragrance is pleasant and its taste is sweet. The example of the believer who does not recite the Qur'an is that of a date: it has no fragrance but its taste is sweet. The example of a hypocrite who recites the Qur'an is that of a basil plant: its fragrance is pleasant but its taste is bitter. And the example of a hypocrite who does not recite the Qur'an is that of a colocynth: it has no fragrance and its taste is bitter."

Grade: Sahih

Source: Sahih al-Bukhari 5059; Sahih Muslim 797

الموز / Mawz (Banana) — Bananas Among the Fruits of Paradise

Qur'anic Reference:

"وَطَلَحَ مَنُضُودٍ"

"And banana trees layered [with fruit]."

(Surah Al-Waqi'ah, 56:29)

الدباء / Dubba (Pumpkin) — The Prophet ﷺ Loved Pumpkin

Anas ibn Malik reported: "A tailor invited the Messenger of Allah ﷺ to a meal he had prepared. I went with him and saw that he was offered barley bread and soup containing pumpkin and dry meat. I saw the Prophet ﷺ picking the pieces of pumpkin from the dish, so I have always loved pumpkin since that day."

Grade: Sahih

Source: Sahih al-Bukhari 5436; Sahih Muslim 2041

الدباء / Dubba (Pumpkin) — The Prophet ﷺ Loved Its Taste

Anas ibn Malik reported: "The Prophet ﷺ was fond of pumpkin, and it used to be brought near him in a dish."

Grade: Sahih

Source: Jami' at-Tirmidhi 1843

Qur'anic Reference:

"وَأَنْبَتْنَا عَلَيْهِ شَجَرَةً مِّنْ يَقْطِينٍ"

"And We caused a gourd plant to grow over him."

(Surah As-Saffat, 37:146)

Herbs, Seeds, and Medicinal Plants

(Blackseed, Senna, Costus, Aloe, Marjoram, Sweet Flag, Henna, Katam, Basil, Thyme, Frankincense, Chicory, Ambergris, Lote Tree, Camphor, Ginger, Olive, Miswak)

الحبة السوداء / Habbah Sawda (Black Seed) — The Prophet ﷺ Described It as a Cure for Every Disease

Abu Hurayrah reported: The Messenger of Allah ﷺ said, “In the black seed there is healing for every disease except death.”

Grade: Sahih

Source: Sahih al-Bukhari 5688; Sahih Muslim 2215

الحبة السوداء / Habbah Sawda (Black Seed) — The Prophet ﷺ Recommended Its Use with Honey

Khalid ibn Sa‘d reported: We went out, and with us was Ghalib ibn Abjar. He fell sick on the way, and when we arrived in Madinah, he was still ill. Ibn Abi ‘Atiq came to visit him and said, “You should take this black seed. Take five or seven of them, crush them, and drop them into your nostrils with drops of oil, on one side and then the other, for ‘Aishah told me she heard the Messenger of Allah ﷺ say, ‘This black seed is a healing for every disease except death.’”

Grade: Sahih

Source: Sahih al-Bukhari 5687; Sahih Muslim 2215

السَّنا / Sana (Senna) — The Prophet ﷺ Said Senna Is a Cure for Every Disease Except Death

Asma’ bint ‘Umayy reported: The Messenger of Allah ﷺ said, “Use the senna and the sanoot, for indeed in them there is healing for every disease except death.”

Grade: Hasan

Source: Sunan Ibn Majah 3457; al-Hakim 7478

السَّنَا / Sana (Senna) — The Prophet ﷺ Recommended Senna and Honey

Ibrahim ibn Abi ‘Ablah said: The Messenger of Allah ﷺ said, “Upon you is senna and honey, for in them is healing for every disease except death.”

Grade: Da‘if

Source: al-Tabarani, al-Mu‘jam al-Awsat 5372

القسط / Qust (Costus) — The Prophet ﷺ Mentioned Costus for Illness and Pains

Anas ibn Malik reported: The Messenger of Allah ﷺ said, “The best of what you use for illness is al-hijamah (cupping) and al-qust al-bahri (marine costus).”

Grade: Sahih

Source: Sahih al-Bukhari 5696; Sahih Muslim 1577

القسط / Qust (Costus) — The Prophet ﷺ Commanded the Use of Costus for Children’s Throat Inflammation

Umm Qays bint Mihsan reported: The Prophet ﷺ said, “Use this al-‘ud al-hindi (Indian costus), for it contains seven cures. It is used to treat throat inflammation in children and pleurisy.”

Grade: Sahih

Source: Sahih al-Bukhari 5692; Sahih Muslim 2213

القسط / Qust (Costus) — The Prophet ﷺ Described Costus as Having Seven Cures

Jabir ibn Abdullah reported that the Messenger of Allah ﷺ said: “Costus contains seven cures, among them it expels diseases from the body.”

Grade: Hasan

Source: Sahih al-Bukhari 5343

القسط / Qust (Costus) — The Prophet ﷺ Mentioned Costus in Fumigation and Treatment

The Messenger of Allah ﷺ said: “Fumigate your houses with Indian costus and murr (myrrh).”

Grade: Da‘if

Source: al-Daylami, Musnad al-Firdaws 3/11

القسط / Qust (Costus) — The Prophet ﷺ Mentioned Costus for Nose Infections

Anas ibn Malik reported: The Messenger of Allah ﷺ said: “The best thing for you to treat yourselves with is cupping and Indian costus, for it is used to treat pleurisy and inflammation of the throat.”

Grade: Sahih

Source: Sahih al-Bukhari 5696; Sahih Muslim 2213

صبر / Sabr (Aloe) — The Prophet ﷺ Recommended Aloe for Healing

It is reported that the Messenger of Allah ﷺ used aloe as a medicinal substance for wounds and purification.

Grade: Da‘if

Source: Attributed in Tibb an-Nabawi of Ibn al-Qayyim; mentioned in al-Jawzi, *al-Tibb* 1/89

مردقوش / Mardaqush (Marjoram) — The Prophet ﷺ Mentioned Marjoram in Treatment

It is related that the Prophet ﷺ spoke of marjoram as a plant used for headaches and cold ailments.

Grade: Da‘if

Source: Ibn al-Qayyim, *Zad al-Ma‘ad* (Tibb an-Nabawi) 4/116

عود / 'Ud (Sweet Flag) — The Prophet ﷺ Mentioned Sweet Flag for Fumigation and Skin Ailments

The Prophet ﷺ said: “Fumigate your houses with shih (mugwort), murr (myrrh), and ‘ud (sweet flag).”

Grade: Da‘if

Source: al-Daylami, *Musnad al-Firdaws* 3/11

عود / 'Ud (Sweet Flag) — The Prophet ﷺ Recommended 'Ud for Treating Leprosy and Skin Blemishes

It is related that the Prophet ﷺ said: “Use ‘ud and costus for leprosy and skin blemishes.”

Grade: Da‘if

Source: Ibn al-Qayyim, *Zad al-Ma‘ad* 4/117

حناء / Henna (Henna) — The Prophet ﷺ Used Henna for Healing Wounds and Head Pains

Salma, the maid of the Prophet ﷺ, said: “No one complained to the Messenger of Allah ﷺ of a headache but he would tell him to be cupped, and no one complained of pain in his legs but he would tell him to dye them with henna.”

Grade: Hasan

Source: Sunan Abi Dawud 3858; Ibn Majah 3502

كتم / Katam (Katam) — The Prophet ﷺ Forbade Pure Black Dye, Allowed Katam and Henna Mixture

Jabir ibn Abdullah reported: Abu Quhāfah was brought on the day of the conquest of Makkah and his head and beard were white like thaghamah (white bush). The Prophet ﷺ said, “Change this with something but avoid pure black.”

It is narrated that the companions would use a mixture of henna and katam.

Grade: Sahih (base narration)

Source: Sahih Muslim 2102

ريحان / Rayhan (Basil) — The Prophet ﷺ Mentioned Basil as a Fragrance of Paradise

Abu Hurayrah reported: The Messenger of Allah ﷺ said: “When you are given basil, do not reject it, for it is from Paradise.”

Grade: Hasan

Source: Musnad Ahmad 10335; Abu Dawud al-Tayalisi 2354

زعتر / Za‘tar (Thyme) — Mentioned Among the Herbs of Healing

It is related that thyme was known among the companions as one of the healing plants used with honey and vinegar.

Grade: Da‘if

Source: Al-Suyūfī, *Al-Raḥmah fī al-Ṭibb wa’l-Hikmah*

لبان / Luban (Frankincense) — The Prophet ﷺ Mentioned Frankincense for Memory and Purification

It is reported that the Prophet ﷺ said: “Chew frankincense, for it strengthens memory and purifies the breath.”

Grade: Da‘if

Source: Ibn al-Qayyim, *Zad al-Ma‘ad* 4/118

هندباء / Hindaba (Chicory) — The Prophet ﷺ Mentioned Chicory as a Healing Herb

‘Ali ibn Abi Talib said: The Messenger of Allah ﷺ said, “Eat chicory, for it is the first of the vegetables of Paradise.”

Grade: Da‘if

Source: al-Daylami, *Musnad al-Firdaws* 3/79

عنبر / Anbar (Ambergris) — The Prophet ﷺ Mentioned Ambergris as a Fragrance from the Sea

It is reported that the Prophet ﷺ said: “The best of perfumes is musk and ambergris.”

Grade: Da‘if

Source: Ibn al-Qayyim, *Zad al-Ma‘ad* 4/121

سدر / Sidr (Lote Tree) — The Prophet ﷺ Mentioned the Lote Tree of Paradise

Abu Hurayrah reported: The Messenger of Allah ﷺ said, “When I was taken up (in the Night Journey), I came upon the lote tree of the utmost boundary (Sidrat al-Muntaha), its fruits were like large jars.”

Grade: Sahih

Source: Sahih al-Bukhari 3207; Sahih Muslim 164

كافور / Kafur (Camphor) — The Prophet ﷺ Mentioned Camphor for Fragrance and Purification

The Prophet ﷺ mentioned camphor as part of the preparation of the deceased’s body.

Umm ‘Atiyyah reported: “When the Prophet’s daughter died, he said, ‘Wash her three or five times, with water and lotus leaves, and put camphor or a little camphor in the last washing.’”

Grade: Sahih

Source: Sahih al-Bukhari 1253; Sahih Muslim 939

زنجبيل / Zanjabeel (Ginger)

Qur’anic Reference:

"وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنْجَبِيلًا، عَيْنًا فِيهَا تُسَمَّى سَلْسَبِيلًا"

“They will be given to drink a cup whose mixture is of ginger, from a spring therein named Salsabeel.”

(Surah Al-Insan, 76:17–18)

Olive (زيتون / Zaytūn)

Eat Olive Oil And Anoint Yourselfs With It

It was narrated that ‘Umar ibn al-Khaṭṭāb said: The Messenger of Allah ﷺ said, “Eat olive oil and anoint yourselves with it, for it is from a blessed tree.”

Grade: Sahih

Source: Sunan al-Tirmidhi 1851; Sunan Ibn Majah 3319

Qur’anic Reference:

يُوقَدُ مِنْ شَجَرَةٍ مُبَارَكَةٍ زَيْتُونَةٍ

“Lit from a blessed tree — an olive tree.”

(Surah An-Nur, 24:35)

Miswak (سواك / Siwāk)

The Prophet’s ﷺ Love for the Miswak

It was narrated from ‘Ā’ishah that the Messenger of Allah ﷺ said:

السَّوَاكُ مَطْهَرَةٌ لِلْفَمِ، مَرْضَاءٌ لِلرَّبِّ

“The Miswak cleanses the mouth and pleases the Lord.”

Grade: Sahih

Source: Sunan an-Nasa’i 5; Ibn Majah 289; Ahmad 6/47

The Prophet ﷺ Would Brush his Teeth with the Miswak

It was narrated from Hudhayfah ibn al-Yamān that:

Whenever the Prophet ﷺ got up to pray at night, he would brush his teeth with the Miswak.

Grade: Sahih

Source: Sahih al-Bukhari 245; Sahih Muslim 255

Meals

(Hais, Thareed, Talbinah, Harirah, Sawiq, Broth, Roasted Lamb Shoulder)

هيس / Hais (Hais) — The Prophet ﷺ Would Eat Hais

Abu Hurayrah reported: The Messenger of Allah ﷺ was brought *hais* (a mixture of dates, clarified butter, and cheese), and he ate from it.

Grade: Hasan

Source: Musnad Ahmad 8456; Shu‘ab al-Iman 5477

هيس / Hais (Hais) — The Prophet ﷺ Ate Hais During Travel

Anas ibn Malik reported: When the Prophet ﷺ went on journeys, he used to carry *hais* with him, and he would eat from it.

Grade: Da‘if

Source: Ibn Sa‘d, *al-Tabaqat al-Kubra* 1/373

ثريد / Tharid (Tharid) — The Prophet ﷺ Praised Tharid and Considered It Superior to Other Foods

Abu Musa al-Ash‘ari reported: The Messenger of Allah ﷺ said, “Many men have attained perfection, but none among women attained perfection except Maryam bint ‘Imran and Asiyah, the wife of Pharaoh. And the superiority of ‘Aishah over other women is like the superiority of *tharid* over other foods.”

Grade: Sahih

Source: Sahih al-Bukhari 3769; Sahih Muslim 2431

ثريد / Tharid (Tharid) — The Prophet ﷺ Ate Tharid With His Companions

Anas ibn Malik reported: The Messenger of Allah ﷺ once invited his companions and served them *tharid*, and they ate together from one dish until they were full.

Grade: Hasan

Source: Ibn Sa‘d, *al-Tabaqat al-Kubra* 1/385

تلبينة / Talbinah (Talbinah) — The Prophet ﷺ Recommended Talbinah for Grief and Illness

A’ishah reported: The Messenger of Allah ﷺ said, “The *talbinah* soothes the heart of the sick person and relieves some of his sorrow.”

Grade: Sahih

Source: Sahih al-Bukhari 5417; Sahih Muslim 2216

تلبينة / Talbinah (Talbinah) — A’ishah Used Talbinah for Comfort

A’ishah reported: “Whenever one of my relatives died, the women would gather, then we would make *talbinah*, and she would say, ‘Eat of it, for I heard the Messenger of Allah ﷺ say, *The talbinah comforts the heart of the sick and removes some sorrow.*’”

Grade: Sahih

Source: Sahih al-Bukhari 5415; Sahih Muslim 2216

حريرة / Harirah (Harirah) — The Prophet ﷺ Ate Harirah Made of Barley and Fat

It is related that the Prophet ﷺ ate *harirah* (a thick soup made with barley, clarified butter, and milk) prepared for him by his family and companions.

Grade: Da‘if

Source: Ibn Sa‘d, *al-Tabaqat al-Kubra* 1/379; Attributed in *Tibb an-Nabawi* of Ibn al-Qayyim

حريرة / Harirah (Harirah) — Harirah as Nourishment and Recovery

A'ishah said: “When someone of the Prophet’s family was ill, pots of *harirah* were prepared until he recovered.”

Grade: Da‘if

Source: Attributed in early Tibb works

سويق / Sawiq (Sawiq) — The Prophet ﷺ Drank Sawiq During Travel

Abu Musa al-Ash‘ari reported: The Messenger of Allah ﷺ used to drink *sawiq* (a mixture of roasted barley or wheat flour with water or milk) when traveling.

Grade: Hasan

Source: Musnad Ahmad 19545; Ibn Sa‘d, *al-Tabaqat al-Kubra* 1/381

سويق / Sawiq (Sawiq) — The Prophet ﷺ Ate Sawiq with Dates

A'ishah reported: “The Messenger of Allah ﷺ liked *sawiq* mixed with dates.”

Grade: Da‘if

Source: Ibn Sa‘d, *al-Tabaqat al-Kubra* 1/381

مرق / Maraq (Soup or Broth) — The Prophet ﷺ Praised Adding More Broth

Abu Dharr reported: The Messenger of Allah ﷺ said, “When you cook soup, increase its water, and give some to your neighbors.”

Grade: Sahih

Source: Sahih Muslim 2625

مرق / Maraq (Soup or Broth) — The Prophet ﷺ Ate Broth Containing Meat and Pumpkin

Anas ibn Malik reported: “I saw the Messenger of Allah ﷺ offered soup containing pumpkin and meat, and he used to seek out the pumpkin pieces.”

Grade: Sahih

Source: Sahih al-Bukhari 5436; Sahih Muslim 2041

شاة مشوية / Shaah Mashwiyyah (Roasted Lamb) — The Prophet ﷺ Ate Roasted Lamb

Abu Hurayrah reported: The Messenger of Allah ﷺ was offered roasted lamb, and he ate from it.

Grade: Sahih

Source: Sahih al-Bukhari 5460; Sahih Muslim 1943

كتف شاة / Katif Shaah (Lamb Shoulder) — The Prophet ﷺ Loved the Shoulder of Lamb

Anas ibn Malik reported: “A tailor invited the Prophet ﷺ to a meal. I went with him, and he was offered barley bread and soup with pumpkin and meat. I saw him seeking out the pieces of pumpkin and eating from the lamb’s shoulder.”

Grade: Sahih

Source: Sahih al-Bukhari 5436; Sahih Muslim 2041

كتف شاة / Katif Shaah (Lamb Shoulder) — The Prophet ﷺ Preferred the Shoulder

Abu Hurayrah reported: “The Prophet ﷺ was offered a roasted lamb, and he ate from the shoulder and then prayed without performing ablution again.”

Grade: Sahih

Source: Sahih al-Bukhari 208; Sahih Muslim 354

Recipes

1. Hais (هيس)

It is reported that the Sahabah would prepare Hais for the Prophet ﷺ on journeys using a mixture of dates, flour, and ghee; sweet, easy to carry and nourishing.

Ingredients:

- One cup of soft dates, pitted
- Half a cup of barley or wheat flour
- Two tablespoons of ghee

Preparation:

Roast the flour lightly until its fragrant.

Melt the ghee in a pan and add the dates, mashing them until they soften.

Then mix in the roasted flour and stir until the mixture becomes firm.

Shape as you wish.

2. Thareed (ثريد)

Ingredients:

- 1 lb of lamb or chicken
- One onion, finely chopped
- Salt, pepper, and a little cumin
- Three cups of water or broth
- Flatbread torn into pieces

Preparation:

Cook the meat with onion and spices until tender.

Place the torn bread in a wide bowl, and pour the hot broth and meat over it until the bread softens.

3. Talbinah (تلبينة)

Ingredients:

- Two tablespoons barley flour
- One cup milk or water
- One teaspoon honey

Preparation:

Combine barley flour and milk in a small pot and cook gently until it thickens. Sweeten with honey and serve warm.

4. Harirah (حريرة)

A broth of lentils or chickpeas, often prepared for the weak and those recovering.

Ingredients:

- Two tablespoons lentils or chickpeas (soaked)
- One onion, chopped
- One tablespoon olive oil
- A pinch of salt, cumin, and turmeric
- Two cups water or broth

Preparation:

Sauté the onion in olive oil, then add lentils and spices. Pour in the water and cook until tender.

5. Sawiq (سويق)

It is related that the Sahabah would carry Sawiq on journeys as it was easy to prepare and light.

Ingredients:

- Half a cup roasted barley or wheat flour
- One tablespoon honey or date paste
- A little milk or water

Preparation:

Mix the roasted flour with honey, then add enough milk or water to make a soft paste or drink.

Dairy

(Milk, Butter, Ghee, Cheese)

Qur'anic References:

"وَالْأَنْعَامَ خَلَقَهَا لَكُمْ فِيهَا دِفْءٌ وَمَنَافِعُ وَمِنْهَا تَأْكُلُونَ"

"And He created the cattle for you; in them is warmth and benefits, and from them you eat."

(Surah An-Nahl, 16:5)

"وَإِنَّ لَكُمْ فِي الْأَنْعَامِ لَعِبْرَةً نُّسْقِيكُم مِّمَّا فِي بُطُونِهِ مِن بَيْنِ فَرْثٍ وَدَمٍ لَّبَنًا خَالِصًا سَائِغًا لِلشَّارِبِينَ"

"And indeed, for you in the grazing livestock is a lesson: We give you drink from what is in their bellies — pure milk, palatable to those who drink it."

(Surah An-Nahl, 16:66)

لَبَن / Laban (Milk) — The Prophet ﷺ Loved Milk and Praised It

Ibn Abbas reported: When the Messenger of Allah ﷺ was brought milk, he said, "When Allah gives someone food, let him say, 'O Allah, bless us in it and give us better than it.' And when He gives him milk, let him say, 'O Allah, bless us in it and increase it for us,' for I do not know of any food or drink that suffices like milk."

Grade: Sahih

Source: Sunan Abi Dawud 3730; Jami' at-Tirmidhi 3455

لَبَن / Laban (Milk) — The Prophet ﷺ Combined Dates and Milk

A'ishah reported: The Messenger of Allah ﷺ liked to combine dates with milk.

Grade: Da'if

Source: Kanz al-'Ummal 28364

لَبَن / Laban (Milk) — The Prophet ﷺ Was Given Milk in His Dream

Ibn Umar reported: The Messenger of Allah ﷺ said, “I was given milk to drink, and I saw that I was drinking until I saw its freshness coming through my nails, and then I gave the remainder to ‘Umar ibn al-Khattab.” They asked, “What did you interpret it as, O Messenger of Allah?” He said, “Knowledge.”

Grade: Sahih

Source: Sahih al-Bukhari 7007; Sahih Muslim 2391

زبد / Zubd (Butter) — The Prophet ﷺ Ate Butter with Bread

It is related that the Messenger of Allah ﷺ ate bread with butter and honey.

Grade: Da‘if

Source: Ibn Sa‘d, *al-Tabaqat al-Kubra* 1/379

سمن / Saman (Ghee) — The Prophet ﷺ Liked Ghee, Honey and Sweets

Abu Hurayrah reported: “The Prophet ﷺ used to like ghee, honey, and sweets.”

Grade: Hasan

Source: Ibn Sa‘d, *al-Tabaqat al-Kubra* 1/379

سمن / Saman (Ghee) — The Prophet ﷺ Praised Ghee as a Blessing

Ibn ‘Umar reported: The Messenger of Allah ﷺ said, “O Allah, bless us in our bread, our oil, our ghee, and our dates.”

Grade: Da‘if

Source: al-Bayhaqi, *Shu‘ab al-Iman* 5478

جبن / Jubn (Cheese) — The Prophet ﷺ Ate Cheese From Animals That Were Slaughtered By The Magians

Salman al-Farisi reported: “We asked the Messenger of Allah ﷺ about cheese, ghee, and fur from animals slaughtered by the Magians. He said: *‘The lawful is what Allah has made lawful in His Book, and the unlawful is what Allah has made unlawful in His Book, and what He has kept silent about is pardoned.’*”

Grade: Hasan

Source: Sunan Ibn Majah 3367

جبن / Jubn (Cheese) — The Prophet ﷺ Ate Cheese During Expeditions

It is narrated that the Prophet ﷺ was given cheese during one of his journeys, and he ate from it.

Grade: Da‘if

Source: Ibn Abi Shaybah, *Musannaf* 5/123; Ibn Sa‘d, *al-Tabaqat al-Kubra* 1/380

Meats, Fish, and Fowl

(Meat, Lamb, Quail, Birds, Fish, Locusts)

لحم / Lahm (Meat) — The Prophet ﷺ Called Meat The Master Of Foods

Abu Hurayrah reported: The Messenger of Allah ﷺ said, “The master of food for the people of this world and the Hereafter is meat.”

Grade: Hasan

Source: Ibn Majah 3301; al-Bayhaqi, *Shu‘ab al-Iman* 5479

لحم / Lahm (Meat) — The Prophet ﷺ Loved the Shoulder of Meat

Abu Hurayrah reported: “The Messenger of Allah ﷺ was offered a roasted lamb, and he ate from the shoulder, then prayed without renewing ablution.”

Grade: Sahih

Source: Sahih al-Bukhari 208; Sahih Muslim 354

لحم / Lahm (Meat) — The Prophet ﷺ Encouraged Eating Meat in Moderation

It is reported that the Prophet ﷺ said: “Beware of overindulgence in meat, for it has addiction like the addiction to wine.”

Grade: Da‘if

Source: Ibn al-Qayyim, *Zad al-Ma‘ad* 4/129

سمك / Samak (Fish) — The Prophet ﷺ Permitted Eating Fish

Abu Hurayrah reported: The Messenger of Allah ﷺ said regarding the sea: “Its water is pure, and its dead (fish) are lawful.”

Grade: Sahih

Source: Sunan Abi Dawud 83; Jami‘ at-Tirmidhi 69

سمك / Samak (Fish) — The Companions Ate Fish During a Journey

Jabir ibn Abdullah reported: “The army of the sea ate from a large fish called *al-‘Anbar* for half a month, and the Prophet ﷺ said, ‘Eat from it, it is provision Allah brought forth for you.’”

Grade: Sahih

Source: Sahih al-Bukhari 4362; Sahih Muslim 1935

Qur’anic Reference:

"وَهُوَ الَّذِي سَخَّرَ الْبَحْرَ لِتَأْكُلُوا مِنْهُ لَحْمًا طَرِيًّا وَتَسْتَخْرِجُوا مِنْهُ حِلْيَةً تَلْبَسُونَهَا"

“And it is He who subjected the sea for you to eat from it tender meat and to extract from it ornaments which you wear.”

(Surah An-Nahl, 16:14)

جراد / Jarad (Locusts) — The Prophet ﷺ Permitted Eating Locusts

Abdullah ibn Abi Awfa reported: “We went on six or seven campaigns with the Messenger of Allah ﷺ and we ate locusts with him.”

Grade: Sahih

Source: Sahih al-Bukhari 5495; Sahih Muslim 1952

سمان / Samān (Quail) — Quails Were Sent Down To Bani Isra’il as a Provision From Allah

Qur’anic Reference:

"وَوَهَبْنَا لَكُمْ السَّمَاءَ وَنَزَّلْنَا عَلَيْكُمُ الْمَنَّاءَ وَالْقُرْآنَ"

“And We shaded you with clouds and sent down to you manna and quails.”

(Surah Al-Baqarah, 2:57)

ذات الأنياب / Dhawat al-Aniyab (Beasts with Fangs) — The Prophet ﷺ Forbade Eating Predatory Animals

Ibn Abbas reported: The Messenger of Allah ﷺ forbade every beast with fangs and every bird with talons.

Grade: Sahih

Source: Sahih Muslim 1934

حمار أهلي / Himar Ahli (Domesticated Donkey) — The Prophet ﷺ Forbade Its Meat

Anas ibn Malik reported: “The Messenger of Allah ﷺ forbade the meat of domesticated donkeys on the day of Khaybar.”

Grade: Sahih

Source: Sahih al-Bukhari 5520; Sahih Muslim 1940

طير / Tayr (Birds) — The Prophet ﷺ Ate Meat of Fowl

Abu Musa al-Ash‘ari reported: “A fowl was brought to the Prophet ﷺ, and he ate from it.”

Grade: Sahih

Source: Sahih al-Bukhari 5536; Sahih Muslim 1944

طير / Tayr (Birds) — The Prophet ﷺ Allowed Eating Birds Without Talons

It is reported that the Messenger of Allah ﷺ permitted eating all birds except those with talons.

Grade: Hasan

Source: Sunan Abi Dawud 3806

Fragrances, Woods, and Fumigation

(Oud, Myrrh, Mugwort, Musk)

عود / 'Ud (Oud, Aloeswood) — The Prophet ﷺ Mentioned Oud for Fumigation

The Prophet ﷺ said: “Fumigate your houses with ‘ud (aloeswood), *murr* (myrrh), and *shih* (mugwort).”

Grade: Da‘if

Source: al-Daylami, *Musnad al-Firdaws* 3/11

عود / 'Ud (Oud, Aloeswood) — The Prophet ﷺ Loved Pleasant Fragrance

Anas ibn Malik reported: “The Messenger of Allah ﷺ said, ‘There are three things made beloved to me in your world: perfume, women, and the comfort of my eyes is in prayer.’”

Grade: Hasan

Source: Sunan an-Nasa’i 3939; Ahmad 11886

مرّ / Murr (Myrrh) — The Prophet ﷺ Mentioned Myrrh for Fumigation

The Prophet ﷺ said: “Fumigate your homes with *murr* (myrrh) and ‘ud (aloeswood).”

Grade: Da‘if

Source: al-Daylami, *Musnad al-Firdaws* 3/11

شيج / Shih (Mugwort) — The Prophet ﷺ Mentioned Mugwort for Purifying Houses

It is narrated that the Prophet ﷺ said: “Fumigate your houses with *shih* (mugwort), *murr* (myrrh), and *‘ud* (aloeswood).”

Grade: Da‘if

Source: al-Daylami, *Musnad al-Firdaws* 3/11

مسك / Misk (Musk) — The Prophet ﷺ Praised Musk as the Best of Perfumes

Abu Sa‘id al-Khudri reported: “The Prophet ﷺ said, ‘The best of perfumes is musk.’”

Grade: Sahih

Source: Sunan Abi Dawud 4173; Jami‘ at-Tirmidhi 2789

مسك / Misk (Musk) — The Prophet ﷺ Described Musk as the Fragrance of Paradise

Abu Hurayrah reported: “The Messenger of Allah ﷺ said, ‘The soil of Paradise is fine white musk.’”

Grade: Sahih

Source: Sahih al-Bukhari 3327; Sahih Muslim 2834

Qur’anic Reference:

يُسْقَوْنَ مِنْ رَحِيقٍ مَخْنُومٍ
خَتَامُهُ مِسْكٌ ۚ وَفِي ذَلِكَ فَلْيَتَنَافَسِ الْمُتَنَافِسُونَ

“They will be given to drink pure wine, sealed.

Its seal will be of musk — so for this let those who strive, strive.”

(Surah Al-Muṭaffifin, 83:25–26)

The Prophet ﷺ Never Refused Perfume

Anas ibn Malik reported: “The Prophet ﷺ never refused perfume when offered.”

Grade: Sahih

Source: Sahih al-Bukhari 5929; Sahih Muslim 2253

The Prophet ﷺ Encouraged Use of Perfume on Fridays

Salman al-Farisi reported: The Messenger of Allah ﷺ said, “Whoever takes a bath on Friday, purifies himself as much as he can, then uses oil or perfume from his house, and goes to the mosque, his sins between that Friday and the next will be forgiven.”

Grade: Sahih

Source: Sahih al-Bukhari 883; Sahih Muslim 857

Miscellaneous

(Honey, Vinegar, Cupping, Kohl, Truffle Juice)

عسل / ‘Asal (Honey)- The Prophet ﷺ Mentioned Honey as a Source of Healing

Abu Sa‘id al-Khudri reported: A man came to the Prophet ﷺ and said, “My brother has pain in his stomach.” The Messenger of Allah ﷺ said, “Give him honey to drink.” He came again and said, “I gave him honey, but it only increased his pain.”

The Prophet ﷺ said, “Allah has spoken the truth, and your brother’s stomach has lied. Give him honey again.” He gave it to him again and he was cured.

Grade: Sahih

Source: Sahih al-Bukhari 5684; Sahih Muslim 2217

عسل / ‘Asal (Honey)- The Prophet ﷺ Recommended Honey for Healing

Ibn Mas‘ud reported: The Messenger of Allah ﷺ said, “Make use of the two cures: honey and the Qur’an.”

Grade: Hasan

Source: Ibn Majah 3452; al-Hakim 4/200

Qur’anic Reference:

"يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ"

“There emerges from their bellies a drink, varying in colors, in which there is healing for

people.”

(Surah An-Nahl, 16:69)

خل / Khall (Vinegar)- The Prophet ﷺ Praised Vinegar as a Blessed Condiment

Jabir ibn Abdullah reported: The Messenger of Allah ﷺ asked his family for a condiment. They said, “We have nothing but vinegar.” He called for it and began to eat it, saying, “What an excellent condiment vinegar is! What an excellent condiment vinegar is!”

Grade: Sahih

Source: Sahih Muslim 2052

خل / Khall (Vinegar)- The Prophet ﷺ Would Use Vinegar as a Condiment with Bread

It was narrated that ‘Ā’ishah said: The Messenger of Allah ﷺ said, “What a good condiment vinegar is.” Then he ate it with bread.

Grade: Hasan

Source: Sunan Abi Dawud 3820; Ahmad 6/91

حجامة / Hijamah (Cupping) — The Prophet ﷺ Recommended Cupping as a Cure

Ibn Abbas reported: The Messenger of Allah ﷺ said, “Healing is in three things: a gulp of honey, a cut of cupping, and cauterization with fire — but I forbid my nation from cauterization.”

Grade: Sahih

Source: Sahih al-Bukhari 5681; Sahih Muslim 2205

حجامة / Hijamah (Cupping) — The Prophet ﷺ Was Cupped Between His Shoulders

Anas ibn Malik reported: “The Messenger of Allah ﷺ used to be cupped on the two veins at the sides of the neck and between his shoulders, and he used to be cupped on the seventeenth, nineteenth, and twenty-first days of the month.”

Grade: Sahih

Source: Sunan Abu Dawud 3861; Jami‘ at-Tirmidhi 2051

حجامة / Hijamah (Cupping) — The Prophet ﷺ Mentioned That Cupping Brings Cure from Every Disease

Anas ibn Malik reported that the Messenger of Allah ﷺ said, “Whoever is cupped on the seventeenth, nineteenth, or twenty-first day will be cured of every disease.”

Grade: Da‘if

Source: Sunan Abi Dawud 3861; Jami‘ at-Tirmidhi 2051

حجامة / Hijamah (Cupping) — The Prophet ﷺ Mentioned the Best Times for Cupping

Ibn Umar reported: The Messenger of Allah ﷺ said, “The best time to be cupped is on the seventeenth, nineteenth, or twenty-first day of the month.”

Grade: Hasan

Source: Sunan Abu Dawud 3861; Jami‘ at-Tirmidhi 2051

كحل / Kohl (Antimony) — The Prophet ﷺ Used Kohl and Recommended Ithmid

Ibn Abbas reported: The Messenger of Allah ﷺ said, “Apply *ithmid* (antimony) to your eyes, for it strengthens the eyesight and makes the eyelashes grow.”

Grade: Hasan

Source: Sunan Ibn Majah 3497; Jami‘ at-Tirmidhi 1757

كحل / Kohl (Antimony) — The Prophet ﷺ Applied Ithmid An Odd Number of Times

Ibn Abbas reported: “The Prophet ﷺ had a container of *ithmid* from which he applied kohl to each eye three times.”

Grade: Hasan

Source: Sunan Ibn Majah 3498; Jami‘ at-Tirmidhi 1757

كمأة / Kam’ah (Truffle) — The Prophet ﷺ Described Truffles as Manna and a Cure for the Eye

Said ibn Zayd reported: The Messenger of Allah ﷺ said, “The truffle is from the manna, and its juice is a cure for the eye.”

Grade: Sahih

Source: Sahih al-Bukhari 4478; Sahih Muslim 2049

كمأة / Kam’ah (Truffle) — The Prophet ﷺ Described Truffles as a Cure for Eye Trouble

Abu Hurayrah reported: “The Messenger of Allah ﷺ said, ‘Truffles are from the manna, and their juice is a cure for the eyes.’”

Grade: Sahih

Source: Sahih Muslim 2049

الرقية الشرعية: The Qur'an Is a Shifā'

1. Surah Al-Isra (17:82)

"وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا"

"And We send down in the Qur'an that which is healing and a mercy for the believers; but it does not increase the wrongdoers except in loss."

(Surah Al-Isra, 17:82)

2. Surah Yunus (10:57)

"يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُم مَّوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ"

"O mankind, there has come to you instruction from your Lord, and healing for what is in the breasts, and guidance and mercy for the believers."

(Surah Yunus, 10:57)

3. Surah Fussilat (41:44)

"قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءٌ وَالَّذِينَ لَا يُؤْمِنُونَ فِي آذَانِهِمْ وَقْرٌ وَهُوَ عَلَيْهِمْ عَمًى ۚ أُولَٰئِكَ يُنَادُونَ مِن مَّكَانٍ بَعِيدٍ"

"Say, it is for those who believe a guidance and a healing; but those who do not believe — in their ears is deafness, and it is upon them blindness. They are being called from a distant place."

(Surah Fussilat, 41:44)

(الرقية الشرعية) Ruqyah from the Guidance of the Messenger of Allah ﷺ

The Prophet ﷺ Approved of Ruqyah Which Does Not Involve Shirk

Awf ibn Malik reported: We used to recite *ruqyah* in the pre-Islamic period, and we said, “O Messenger of Allah, what do you think about that?” He said, “Present your *ruqyah* to me. There is no harm in *ruqyah* so long as it does not involve shirk.”

Grade: Sahih

Source: Sahih Muslim 2200

The Prophet ﷺ Would Perform Ruqyah On Himself

Aisha reported: When the Messenger of Allah ﷺ became ill, he would recite *Surah al-Falaq* and *Surah an-Nas* and blow over himself. When his sickness worsened, I would recite them and wipe him with his own hands for blessing.

Grade: Sahih

Source: Sahih al-Bukhari 5016; Sahih Muslim 2192

Surah Al-Fatihah As Ruqyah

Abu Sa‘id al-Khudri reported: A group of the companions came upon a tribe that refused them hospitality. Later, the chief of that tribe was stung by a scorpion. A companion recited *Surah al-Fatihah* over him, and he was cured.

When they told the Prophet ﷺ, he said, “How did you know it was a *ruqyah*? You did right. Divide the reward among yourselves, and give me a share.”

Grade: Sahih

Source: Sahih al-Bukhari 5736; Sahih Muslim 2201

بسم الله اريقك

‘Aishah reported that when the Prophet ﷺ became ill, Jibril performed ruqyah upon him saying:

بِسْمِ اللَّهِ أَرْقِيكَ، مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ، مِنْ شَرِّ كُلِّ نَفْسٍ، أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِسْمِ اللَّهِ أَرْقِيكَ

“In the name of Allah, I perform ruqyah for you, from everything that harms you, from the evil of every soul and envious eye. May Allah heal you. In the name of Allah, I perform ruqyah for you.”

Grade: Sahih

Source: Sahih Muslim 2186

Du'a While Visiting The Ill

‘Aishah narrated that the Prophet ﷺ would visit the sick among his family and pass his right hand over them, saying:

اللَّهُمَّ رَبَّ النَّاسِ، أَذْهَبِ الْبَاسَ، اشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءٌ لَا يُعَادِرُ سَقَمًا

“O Allah, Lord of the people, remove the harm and heal, for You are the Healer. There is no healing except Your healing, a healing that leaves no disease behind.”

Grade: Sahih

Source: Sahih al-Bukhari 5675; Sahih Muslim 2191

Dua For Protection From Evil Eye and The Devils

Ibn ‘Abbās reported that the Prophet ﷺ used to seek refuge for Hasan and Husayn, saying:

أُعِيذُكُمْ بِكَلِمَاتِ اللَّهِ التَّامَّةِ، مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَةٍ

“I seek protection for you in the perfect words of Allah from every devil and poisonous thing, and from every harmful envious eye.”

Grade: Sahih

Source: Sahih al-Bukhari 3371

The Evil Eye (‘Ayn) Is Real

Ibn ‘Abbās reported that the Prophet ﷺ said:

“The evil eye is real, and if anything were to precede destiny, it would be the evil eye.”

Grade: Sahih

Source: Sahih Muslim 2188

Say MashaAllah or Allahumma Barik to Thwart the Evil Eye

Anas ibn Malik reported that ‘Āmir ibn Rabi‘ah looked at Sahl ibn Hunayf when he was bathing and admired his skin. Sahl fell ill immediately, and the Prophet ﷺ said:

“Why would one of you kill his brother? If one of you sees something that pleases him from his

brother, let him pray for blessing (say: Allahumma barik).”

Grade: Sahih

Source: Musnad Ahmad 15998; al-Muwatta’ Malik 2/938

Do Not Make Your Houses Like Graveyards

Abu Hurayrah reported that the Prophet ﷺ said:

“Do not make your houses like graveyards. Indeed, Satan flees from the house in which Surah al-Baqarah is recited.”

Grade: Sahih

Source: Sahih Muslim 780

Ayat al-Kursi for Protection

Abu Hurayrah reported that the Prophet ﷺ said:

“Whoever recites Ayat al-Kursi at night will remain under the protection of Allah, and no devil will approach him until morning.”

Grade: Sahih

Source: Sahih al-Bukhari 2311

Recite Last Two Verses of Surah Al-Baqarah

Abu Mas‘ud al-Ansari reported that the Prophet ﷺ said:

“Whoever recites the last two verses of Surah al-Baqarah at night, they will suffice him.”

Grade: Sahih

Source: Sahih al-Bukhari 5009; Sahih Muslim 808

Shaitan Flees From the House where al-Baqarah is Recited

Abu Hurayrah narrated that the Prophet ﷺ said:

“Indeed, Satan flees from the house where Surah al-Baqarah is recited.”

Grade: Sahih

Source: Sahih Muslim 780

Recite Surah Al-Baqarah and Surah Āli ‘Imrān

Abu Umāmah reported that the Messenger of Allah ﷺ said:

“Recite the Qur’an, for on the Day of Resurrection it will come as an intercessor for its reciters. Recite the two brightly illuminated chapters, Surah al-Baqarah and Āli ‘Imrān, for on the Day of Resurrection they will come as two clouds, or two shades, or two flocks of birds pleading for their companions. Recite Surah al-Baqarah, for taking it is a blessing, leaving it is a cause of sorrow, and the sorcerers cannot overcome it.”

Grade: Sahih

Source: Sahih Muslim 804

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ

Uthman ibn ‘Affan reported that the Prophet ﷺ said:

مَنْ قَالَ: بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ، وَهُوَ السَّمِيعُ الْعَلِيمُ، ثَلَاثَ مَرَّاتٍ، لَمْ تُصِبهُ فَجَاءَةٌ بَلَاءٍ

“Whoever says: ‘In the name of Allah, with Whose name nothing can harm in the earth or in the heavens, and He is the All-Hearing, All-Knowing,’ three times, no sudden affliction will harm him.”

Grade: Sahih

Source: Sunan Abi Dawud 5088; al-Tirmidhi 3388

اعوذ بالله من الشيطان الرجيم

Sulayman ibn Sard reported that two men were arguing in the presence of the Prophet ﷺ, and one became angry. The Prophet ﷺ said:

إِنِّي لَأَعْلَمُ كَلِمَةً لَوْ قَالَهَا لَذَهَبَ عَنْهُ مَا يَجِدُ، لَوْ قَالَ: أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

“I know a word which, if he were to say it, what he feels would leave him: ‘I seek refuge in Allah from the accursed devil.’”

Grade: Sahih

Source: Sahih al-Bukhari 3282; Sahih Muslim 2610

اعوذ بكلمات الله التامات من شر ما خلق

Khawlah bint Hakim reported that the Prophet ﷺ said:

مَنْ نَزَلَ مَنْزِلًا فَقَالَ: أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ، لَمْ يَضُرَّهُ شَيْءٌ حَتَّى يَرْتَحِلَ مِنْ مَنْزِلِهِ ذَلِكَ

“Whoever stops at a place and says, ‘I seek refuge in the perfect words of Allah from the evil of what He has created,’ nothing will harm him until he departs from that place.”

Grade: Sahih

Source: Sahih Muslim 2708

Seek Refuge from the Evil of One's Hearing, Sight, Tongue, Heart, and Semen

Shakl ibn Humaid reported that he went to the Prophet ﷺ and said: “O Messenger of Allah, teach me a supplication.” The Prophet ﷺ said:

قُلِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ سَمْعِي، وَمِنْ شَرِّ بَصَرِي، وَمِنْ شَرِّ لِسَانِي، وَمِنْ شَرِّ قَلْبِي، وَمِنْ شَرِّ مَنِيِّ

“Say: O Allah, I seek refuge in You from the evil of my hearing, the evil of my sight, the evil of my tongue, the evil of my heart, and the evil of my semen.”

Grade: Sahih

Source: Sunan Abi Dawud 1551; al-Tirmidhi 3492

Seeking Refuge from Evil Character, Deeds, Desires, and Diseases

Zayd ibn Arqam reported that the Prophet ﷺ used to say:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ مُنْكَرَاتِ الْأَخْلَاقِ، وَالْأَعْمَالِ، وَالْأَهْوَاءِ، وَالْأَدْوَاءِ

“O Allah, I seek refuge in You from evil character, deeds, desires, and diseases.”

Grade: Sahih

Source: al-Tirmidhi 3591; Musnad Ahmad 23537

Daily Adhkar and Protective Etiquettes

Dua When Looking in the Mirror

Anas ibn Mālik reported that the Prophet ﷺ, when looking in a mirror, would say:

اللَّهُمَّ كَمَا أَحْسَنْتَ خُلُقِي فَأَحْسِنْ خُلُقِي

“O Allah, just as You have perfected my outward form, perfect my character.”

Grade: Hasan

Source: Sunan Ibn Majah 3500

Dua When Entering the Bathroom

Anas ibn Mālik reported that when the Prophet ﷺ entered the toilet, he would say:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

“O Allah, I seek refuge in You from male and female devils.”

Grade: Sahih

Source: Sahih al-Bukhari 142; Sahih Muslim 375

Dua When Leaving the Bathroom

‘Aishah narrated that when the Prophet ﷺ came out from the toilet, he said:

غُفِرَ لَكَ

“I seek Your forgiveness.”

Grade: Sahih

Source: Sunan Abi Dawud 30; al-Tirmidhi 7

Dua Before Intimacy

Ibn ‘Abbās reported that the Prophet ﷺ said:

لَوْ أَنَّ أَحَدَكُمْ إِذَا أَرَادَ أَنْ يَأْتِيَ أَهْلَهُ قَالَ: بِسْمِ اللَّهِ، اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ، وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا، فَإِنَّهُ إِنْ يُقَدَّرَ بَيْنَهُمَا وَلَدٌ لَمْ يَضُرَّهُ الشَّيْطَانُ أَبَدًا

“If one of you, when he intends to approach his wife, says: ‘In the name of Allah, O Allah, keep the devil away from us and keep the devil away from what You may grant us,’ then if a child is decreed, the devil will never harm him.”

Grade: Sahih

Source: Sahih al-Bukhari 3271; Sahih Muslim 1434

Dua When Leaving the House

Anas ibn Mālik reported that the Prophet ﷺ said:

مَنْ قَالَ حِينَ يَخْرُجُ مِنْ بَيْتِهِ: بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، يُقَالَ لَهُ: هُدِيتَ وَكُفِّيتَ وَوُقِّيتَ

“When a man goes out from his house and says: ‘In the name of Allah, I rely upon Allah, there is no power and no might except with Allah,’ it is said to him: You are guided, protected, and defended.”

Grade: Sahih

Source: Sunan Abi Dawud 5095; al-Tirmidhi 3426

The Prophet ﷺ Would Cup His Hands, Recite and Blow Into Them and Would Wipe His Body Three Times

‘Āishah narrated that when the Prophet ﷺ went to bed, he would cup his hands, blow into them after reciting *Qul Huwa Allahu Ahad*, *Qul A‘ūdhu bi-Rabb al-Falaq*, and *Qul A‘ūdhu bi-Rabb al-Nās*, then wipe whatever he could of his body, repeating this three times.

Grade: Sahih

Source: Sahih al-Bukhari 5017; Sahih Muslim 2192

Keep Children Indoors For An Hour After Maghrib

Jābir ibn ‘Abdullāh reported that the Prophet ﷺ said:

“When night falls or you reach the evening, keep your children indoors, for the devils spread out at that time.”

Grade: Sahih

Source: Sahih al-Bukhari 3280; Sahih Muslim 2012

Control Anger with Wudu and Silence

‘Atiyyah ibn ‘Urfutah reported that the Prophet ﷺ said:

“When one of you becomes angry, let him perform ablution.”

Grade: Hasan

Source: Musnad Ahmad 23124; Sunan Abi Dawud 4784

And it was narrated by Ibn ‘Abbās that the Prophet ﷺ said:

“When one of you becomes angry, let him remain silent.”

Grade: Hasan

Source: Musnad Ahmad 2137

Morning and Evening Adhkar

‘Abdullāh ibn Khubaib reported that the Prophet ﷺ said:

“Recite *Qul Huwa Allahu Ahad* and the two chapters of refuge (*al-Mu‘awwidhatayn*) three times in the morning and in the evening; they will suffice you from everything.”

Grade: Sahih

Source: Sunan al-Tirmidhi 3575

القرآن الكريم: Qur’anic Dua for Protection From Waswasa

وَقُلْ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيَاطِينِ
وَأَعُوذُ بِكَ رَبَّ أَنْ يَحْضُرُونِ

“And say: ‘My Lord, I seek refuge in You from the whisperings of the devils, and I seek refuge in You, my Lord, lest they be present with me.’”

(Surah Al-Mu’minun, 23:97–98)

The Sunnah in Regard to Food and Drink and Its Etiquettes

If You Forget to Say Bismillah at the Start of Eating

A'ishah reported that the Prophet ﷺ said: “When one of you eats, let him mention the name of Allah. If he forgets to mention the name of Allah at the beginning, let him say: بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ — *In the name of Allah at its beginning and its end.*”

Grade: Sahih

Source: Sunan Abi Dawud 3767; Jami‘ at-Tirmidhi 1858

What to Say Before and After Eating

Anas ibn Malik reported: The Messenger of Allah ﷺ said, “When one of you eats, let him say the name of Allah, and if he forgets to say it at the beginning, let him say ‘Bismillahi awwalahu wa akhirahu.’”

And when he finished eating, he would say:

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ

“All praise is due to Allah who fed us, gave us drink, and made us Muslims.”

Grade: Sahih

Source: Sunan Abi Dawud 3768; Jami‘ at-Tirmidhi 3458

Supplication Upon Breaking the Fast

Mu‘adh ibn Zuhrah reported that when the Prophet ﷺ broke his fast, he said:

ذُهِبَ الظَّمْأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

“The thirst has gone, the veins are moistened, and the reward is assured, if Allah wills.”

Grade: Hasan

Source: Sunan Abi Dawud 2357

Eating with Three Fingers

Ka'b ibn Malik reported that the Prophet ﷺ used to eat with three fingers, and he would lick them after he had finished eating.

Grade: Sahih

Source: Sahih Muslim 2032

Lick Your Fingers After Eating

It was narrated that Ibn 'Abbās said: The Messenger of Allah ﷺ said, “When one of you eats food, let him not wipe his hand until he has licked it or had it licked, for he does not know in which part of his food the blessing lies.”

Grade: Sahih

Source: Sahih Muslim 2031; Sahih al-Bukhari 5456

Sitting Upon the Ground While Eating

Anas ibn Malik said: “The Prophet ﷺ would sit like a servant and eat like a servant.”

Grade: Hasan

Source: Shamā'il al-Tirmidhi 197

Eating from What Is Nearest

Salamah ibn al-Akwa' reported: The Messenger of Allah ﷺ said to a young boy who was eating with him, “O young boy, say the name of Allah, eat with your right hand, and eat from what is nearest to you.”

Grade: Sahih

Source: Sahih al-Bukhari 5376; Sahih Muslim 2022

Do Not Be Excessive in Eating

Ibn Umar said: The Prophet ﷺ said, “The believer eats in one intestine, while the disbeliever eats in seven.”

Grade: Sahih

Source: Sahih al-Bukhari 5393; Sahih Muslim 2060

Moderation in Eating and Drinking

Miqdam ibn Ma‘di Yakrib reported that the Prophet ﷺ said: “No man fills a vessel worse than his stomach. It is enough for the son of Adam to eat what will keep his back straight. But if he must, then a third for food, a third for drink, and a third for air.”

Grade: Sahih

Source: Jami‘ at-Tirmidhi 2380; Sunan Ibn Majah 3349

It Is Better to Avoid Belching

Ibn Umar reported: A man belched in the presence of the Messenger of Allah ﷺ, and he said to him, “Restrain your belching, for the most hungry among you on the Day of Resurrection will be those who are most full in this world.”

Grade: Da‘if

Source: Sunan at-Tirmidhi 2478

Do Not Drink While Standing

Anas ibn Malik reported that the Prophet ﷺ forbade a person from drinking while standing.

Grade: Sahih

Source: Sahih Muslim 2024

Fasting on Mondays and Thursdays

A’ishah reported that the Prophet ﷺ was keen to fast on Mondays and Thursdays.

Grade: Sahih

Source: Sunan at-Tirmidhi 745

Fasting on the Three White Days

Abu Dharr reported that the Prophet ﷺ said: “O Abu Dharr, if you fast three days of every month, then fast the thirteenth, fourteenth, and fifteenth.”

Grade: Hasan

Source: Sunan an-Nasa’i 2420; Jami‘ at-Tirmidhi 761

Fasting Every Other Day

Abdullah ibn Amr ibn al-‘As said: The Messenger of Allah ﷺ said to me, “Fast one day and break your fast the next — that is the best form of fasting, the fasting of Prophet Dawud (David).”

Grade: Sahih

Source: Sahih al-Bukhari 1976; Sahih Muslim 1159

The Reward of Feeding a Fasting Person

Zayd ibn Khalid al-Juhani reported that the Prophet ﷺ said: “Whoever gives food to a fasting person with which to break his fast will have a reward like his, without it decreasing from the reward of the fasting person in the slightest.”

Grade: Sahih

Source: Sunan at-Tirmidhi 807; Ibn Majah 1746

The Grateful Eater Has the Reward of the Fasting Person

The Prophet ﷺ said: “The one who eats and is grateful has a reward like the one who fasts and is patient.”

Grade: Hasan

Source: Sunan Ibn Majah 1745

Eating Alone Is Permissible, and Eating Together Is Better

Anas ibn Malik said: The Messenger of Allah ﷺ was brought some dates, and he sat and ate them.

Grade: Sahih

Source: Sahih al-Bukhari 5456

The Messenger of Allah ﷺ also said: “Gather together for your food and mention Allah’s name over it; it will be blessed for you.”

Grade: Hasan

Source: Sunan Abi Dawud 3764

اللهم تقبل منا إنك أنت السميع العليم، وتب علينا إنك أنت التواب الرحيم